[0119] A hinge (10) has at least one hinge part (16) which can be mounted in an opening (12) in a thin wall (14) such as a sheet-metal cabinet door, a head part (28), such as a flange or hinge leaf, which overlaps the rim (24) of the opening (12) of the thin wall (14) on its (outer) side (26), and a body part (30) which proceeds from the head part (28) and can be pushed through the opening (12) in the thin wall (14), and a holding part (34) which is carried by the body part (30), supported on the other (rear) side (32) of the thin wall (14), and is separate from the body part. The holding part (34) is formed by holding elements (36) which project in a flexible manner from the body part (30) in the direction of its outer surface and whose free end has an inclined surface (38) for supporting the body part (30) on the rim or edge (40) of the opening (12) without play.